

NEWS BRIEFS

Culinary outpost kiosk

The Fort Hood Culinary Outpost Kiosk has now reopened in front of Building 34002.

Hours of operation on Monday through Friday:

Breakfast: 8 – 11 a.m.
Lunch: 11 a.m. – 3 p.m.
Dinner: 3 – 8 p.m.

Hours of operation on Saturday and Sunday:

Breakfast: 9 – 11 a.m.
Lunch: 11 a.m. – 3 p.m.
Dinner: 3 – 6 p.m.

CRDAMC MLK hours

Carl R. Darnall Army Medical Center administrative offices and clinics will modify their hours of operation Jan. 13-16 in observance of the Dr. Martin Luther King, Jr. federal holiday. Emergency services, inpatient care, and labor and delivery services will not be affected and will remain open.

The Monroe and Bennett Health Clinics will be closed Jan. 13, and active-duty service members enrolled at either of these clinics should seek care at the Thomas Moore Health Clinic during the closure.

The Copperas Cove, Russell Collier, West Killeen and Harker Heights Community Based Medical Homes, Thomas Moore, Troop Medical Clinic 12 & 14 Soldier Centered Medical Homes, CRDAMC Internal Medicine, Family Medicine Residency and Pediatric clinics and services will be open Jan. 13.

Pharmacies

Monroe and Bennett pharmacies will be closed Jan. 13. All other pharmacies will have normal operating hours Jan. 13.

Clear Creek PX Pharmacy will be open Jan. 14 from 9 a.m. – 5 p.m. All other pharmacies will be closed Jan. 14.

All pharmacies will be closed Jan. 16.

All CRDAMC clinics and pharmacies will resume normal operations on Jan. 17.

Other Medical Information

TRICARE Prime enrollees with urgent, emergent care needs or if encountering COVID-19 symptoms should seek assistance at the CRDAMC emergency department during this timeframe.

The Nurse Advice Line is also available 24/7 by calling (800) TRICARE or 1-800-874-2273, option 1.

This advice line affords beneficiaries, entitled to military health care, the opportunity to talk with registered nurses about their specific urgent health issues, guidance on non-emergency situations and information about self-care for injuries or illnesses.

Beneficiaries can make or cancel appointments through the Patient Portal at patientportal.mhsgenesis.health.mil or by calling the Patient Appointment Service at 254-288-8888.



Photo by David Dumas, 1st Cav. Div. Public Affairs

Sgt. Cinthia Ramirez, assigned to Avenger Company, 1st Bn., 12th Cav. Regt., 1st Cav. Div., earns the title of master gunner. Sgt. Ramirez became the first active duty female ever to graduate from the M1A2 Abrams Master Gunner course.

BY PFC. DAVID DUMAS
1st Cav. Div. Public Affairs

The first female active duty Soldier graduated from the M1A2 Abrams Master Gunner Course at Fort Benning, Georgia, Dec. 14, 2022.

Sgt. Cinthia Ramirez, Avenger Company, 1st Battalion, 12th Cavalry Regiment, 1st Cavalry Division, pushed through the course to motivate other Soldiers to set goals and standards for themselves and achieve them.

“I was always getting in trouble as a private because I never really had a goal for myself other than ‘get through this contract’. But once I got promoted and became a non-commissioned officer, everything changed,” Ramirez said. “In the past, I had some examples of pretty bad leadership, and I told myself I did not want to be that type of leader. So

I knew I needed to start setting standards and goals for myself to progress in my career.”

To further improve herself as a soldier and NCO, Ramirez knew that her next step was to set the goal of graduating from the M1A2 Abrams Master Gunner Course.

“Getting into Master Gunner school was so hard, but that just made me even more determined to get in. Everyone kept tell-

ing me how hard it was, and I wanted to see for myself just how hard it was - and they were not wrong. I just want people to realize that just because you were never the best Soldier or you’ve been in trouble - you can change and turn things around. The mistakes I made as a private will not define who I am as an NCO and a leader,” Ramirez said.

See **Gunner**, A6

Mega Career Fair attracts thousands

BY JANECEZ WRIGHT
Fort Hood Public Affairs

Thousands of Soldiers, family members, veterans and members of the community gathered to connect with employers at the Mega Career Fair Jan. 10 at the Lone Star Convention Center here.

The Fort Hood Transition Assistance Program, which helps to prepare service members as they transition from military to civilian life, hosted the event to bridge the gap between employer and prospective employee.

Jerry Hernandez, marketing manager for TAP, explained that the TAP process can start as early as two years out from retirement or projected separation date, and the event was great resource to help service

members start the process.

“No matter where you are in the (TAP) process as you get

ready to transition out of the military ... you have some that can be two years up in advance

or some that are 30 days, we have employers here that are ready to hire,” Hernandez said.

Nearly 200 employers crowded around the stage in the main ballroom before the start of the event to listen as Col. Chad R. Foster, U.S. Army Garrison - Fort Hood commander, encouraged them to open their arms to job seekers and be willing to take a chance on some of them.

“It’s our soldiers that have been our credentials for however many years of service they have given to their country, they soon become your credentials, at your places of employment, at your businesses,” Foster expressed.

“Find a way to get to yes on someone that you’ve got a

See **Fair**, A6

Donations make big impact

BY JANECEZ WRIGHT
Sentinel Editor

Fort Hood Family, Morale, Welfare and Recreation donated 250 pounds of food to the Food Care Center in Killeen Friday.

The contribution is part of a 700-pound donation, most of which was collected from Fort Hood and surrounding committees attendees during the Nature in Lights event at Belton Lake Outdoor Recreation Area. The donation was divided among Helping Hands Ministry in Belton, Hearts and Hands Ministries in Salado and the Food Care Center in Killeen.

Dr. Peter Craig, director of DFMWR, personally delivered the boxes of food to the Food

Care Center, noting that many are unaware that food insecurity is an issue within the military community.

He referenced statistics from the Military Family Advisory Network to highlight the growing challenge and promote the importance of supporting local food pantries. According to MFAN’s Military Family Support Programming survey, one in six military and veteran families experienced food insecurity or hunger in 2021, up from one in eight two years prior in 2019, and just slightly lower than in 2020, when one in five military and veteran families were food insecure at the height of the COVID-19 pandemic.

“With the food insecurity and

inflation issues among service members and the community, it’s just a good opportunity to kind of give back to everybody, both on and off-post if we can,” Craig expressed.

He added that eliminating the negative stigma and embarrassment attached to visiting food pantries will make it easier for military and community families to seek assistance.

Ernestine Dingbobga knows firsthand how food insecurity can affect military families and was very candid about her circumstances. Her husband is a Staff Sgt. assigned to 1st Battalion, 5th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division, and

See **Donations**, A7



Photo by Janecze Wright, Sentinel Editor

Volunteers at the Food Care Center in Killeen help fill donation bags Friday. Raymond Cockrell, executive director of the Food Care Center, said volunteers are essential to the center’s success.



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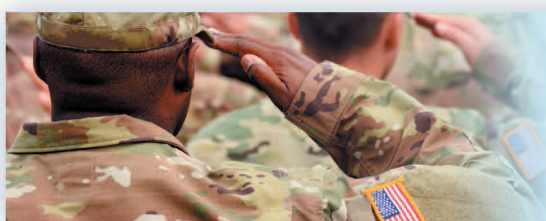
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Photo by Air Force Tech. Sgt. Brittany A. Chase

"Understandably, I think that there's significant skepticism both here in the U.S. and around the world right now given Russia's long track record of propaganda, disinformation and its relentless attacks against Ukrainian cities and civilians," Ryder said. "If Russia was truly interested in ceasing the violence and the bloodshed that they have brought to Ukraine's people, they would pull out of Ukraine immediately."

Ukraine troops to receive Bradley fighting vehicles

BY JIM GARAMONE

DoD News

The Department of Defense will be delivering Bradley fighting vehicles to Ukraine in the near future, White House officials said Jan. 5.

Pentagon Press Secretary Air Force Brig. Gen. Pat Ryder said the Bradleys are part of a larger shipment of equipment to Ukraine.

Bradleys are armored vehicles that transport infantry in combat zones. They have both offensive and defensive capabilities and provide "a level of firepower and armor that will bring advantages on the battlefield as the Ukrainian military continues to defend their homeland," Ryder said during a news conference.

Russia invaded Ukraine on Feb. 24, 2022, expecting a quick victory against the smaller country. The Ukrainian military punched well above their weight, stopping Russian pincers aimed at Kyiv, Ukraine's capital. The United States and part-



Photo by Sgt. Broderick M. Hennington, 1st Cav. Div. Public Affairs

Troopers with 1st Battalion, 8th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division, advance towards a target in a Bradley Fighting Vehicle during a demonstration at the Mustang Battalion's Family Gunnery Aug. 11, 2022.

ner nations have supplied the Ukrainian military with the capabilities it needs to turn back the invad-

ers including anti-armor capabilities, air defense equipment, armored vehicles, ammunition, supplies and

much, much more.

Ukrainian Soldiers must learn how to use the vehicles and main-

tain them, and Ryder said this will be part of the training that Ukrainian soldiers receive from the U.S. and partner nations.

Russian President Vladimir Putin proposed a ceasefire to celebrate Orthodox Christmas, Jan. 7, but there was skepticism about the Russians honoring the ceasefire.

"Understandably, I think that there's significant skepticism both here in the U.S. and around the world right now given Russia's long track record of propaganda, disinformation and its relentless attacks against Ukrainian cities and civilians," Ryder said. "While Russia seems to be pretty good at exporting violence, they don't seem to be pretty good at exporting the truth."

The Ukrainian military later announced that Russia fired nine rockets and conducted three airstrikes on Saturday, and claimed that Russia carried out 40 shelling attacks across Ukraine, killing and wounding civilians.

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Martin Luther King, Jr. and his dream

3RD CAVALRY REGIMENT
PUBLIC AFFAIRS OFFICE

Almost six decades ago, Dr. Martin Luther King Jr. gave his powerful speech from the steps

of the Lincoln Memorial during a pivotal moment in the civil rights movement. In 1963, Dr. King was one of the driving forces behind the March for Jobs and Freedom, commonly

known as the “March on Washington,” where he delivered the now famous “I have a Dream” speech to more than a quarter-million people and inspired the Nation to act on civil rights.

For decades, Dr. King’s Nobel Peace Prize winning “I Have a Dream” speech, Nobel Peace Prize lecture and “Letter from a Birmingham Jail” have remained relevant, delivering profound messages of hope, equality and perseverance.

“So even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream,” Dr. King said. “I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident, that all men are created equal.”

Numerous arrests for his participation in civil rights activities only spurred Dr. King’s dedication to a dream of equality, setting the example for future generations to continue the just fight for equality.

Even from a jail cell in Birmingham, Alabama, Dr. King still called for equality, writing, “Injustice anywhere is a threat to justice everywhere.”

Dr. King dedicated his life to equality and justice for every person, calling for a better tomorrow, emphasizing teamwork to accomplish that call to action.

“We cannot walk alone. And as we walk, we must make the pledge that we shall always march ahead. We cannot turn back,” he stated.

Our Army continues to embrace its commitment to promote diversity, foster inclusivity and demonstrate respect for everyone.

Martin Luther King, Jr. Day, observed on the third Monday of January each year, marks the birthday of the civil rights leader and activist.

In 1994, Congress designated Martin Luther King, Jr. Day as a National Day of Service, the only federal holiday to hold such designation.

The theme of the day, “A Day On, Not a Day Off,” encourages individuals to dedicate the day to community service in remembrance of Dr. King’s legacy and to commit ourselves to instilling his principles of unity, selfless service and equity throughout the world.

Dr. King often charged his audience with a call to serve.

In his 1957 speech to an audience in Montgomery, Alabama, Dr. King said, “Life’s most persistent and urgent question is, ‘What are you doing for others?’”

As you celebrate the holiday with your families and friends, take a moment to reflect on Dr. King’s speech and how you can commemorate the federal holiday by participating in community service activities.



1st CAV participates in Rose Bowl



Photos by Cheyenne Hanoski, 1st Cav. Div. Public Affairs

Bringing in the New Year, the 1st Cavalry Division Horse Cavalry Detachment led by Maj. Gen. John B. Richardson IV, 1st Cav. Div. commanding general, and Command Sgt. Maj. Shade Munday, 1st Cav. Div. command sergeant major, had the privilege of riding in the 134th Rose Parade. This

iconic event, viewed by millions, involves world class displays of decorated floats and professional performances over a 5 ½ mile stretch down Colorado Blvd. in Pasadena, California. This event dates back to 1890 with the Tournament of Roses.



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Brigade cases colors for Europe deployment

1ST CAV. DIV. PUBLIC AFFAIRS

The 2nd Armored Brigade Combat Team ‘Black Jack Brigade’, 1st Cavalry Division, marked the start of a deployment in support of Operation Atlantic Resolve with a colors casing ceremony on Cooper Field Friday.

The casing of the colors is a traditional ceremony held by the United States Army.

From the earliest of times, war-

riors used a banner or other symbols to identify specific units and to serve as a rallying point for troops. Today, the brigade colors, with battle streamers attached, join their unit in formations during ceremonies to signify their presence during past battles.

This ceremony symbolizes the unit’s movement of operations from its home station to the U.S. Army Europe Command area of operations in support of Opera-

tion Atlantic Resolve.

Since April 2014, U.S. Army Europe and Africa has led the Department of Defense’s Atlantic Resolve land efforts by bringing units based in the U.S. to Europe. The deployment of ready, combat-credible U.S. forces to Europe in support of Atlantic Resolve is evidence of the strong and unremitting U.S. commitment to NATO and Europe. Through bilateral, joint and multinational training,

Atlantic Resolve builds readiness, increases interoperability and enhances the bond between ally and partner militaries.

“The brigade is no stranger to Europe, having recently deployed in support of Atlantic Resolve in 2019,” said Col. C.J. Kirkpatrick, Black Jack brigade commander. “However, the conditions have changed. Black Jack now deploys to stand alongside our European allies and partners to posture against an adversary in the east that threatens democracy and all freedom-loving people. We are ALL IN!”

Approximately 4,000 Soldiers from the ‘Black Jack Brigade’ and subordinate units will deploy to Europe.

“You are the last 2,000 meters of American diplomacy. The world is, and has been, watching one of the most modern and lethal armor formations on the planet prepare for this mission,” Kirkpatrick said of his troops. “They know you are ready. You know you are ready. And we are all incredibly proud of who you are and what you represent.”

Kirkpatrick closed his remarks by expressing his gratitude for the families of the Soldiers.

“I offer my utmost gratitude for allowing these brave troopers to stand up and answer the Nation’s call,” he said. “There is a network of support here at the Great Place to share the burden with you while we are away. You’re a part of the Best Team, America’s First Team. Again, thank you for your support. We will return soon.”



Photos by Pfc. Jacob Nunnenkamp, 1st Cav. Div. Public Affairs

LEFT, Col. Christopher Kirkpatrick, 2nd ABCT commander, and Command Sgt. Maj. Brian Adams, 2nd ABCT command sergeant major, case the colors during a ceremony Friday. **ABOVE**, Christopher Kirkpatrick gives a speech during the ceremony Friday.

Veterans
Crisis Line

1-800-273-8255

PRESS 1

III Corps
Third Armored Corps
AMERICA'S ARMORED CORPS

Dining Facility Operations Schedule

OPEN
(Breakfast, Lunch & Dinner)

OPEN
(Holiday, Weekend)

OPEN (Breakfast & Lunch only)
CLOSED (Dinner)

CLOSED

HOLIDAY (HOURS BELOW)

IRONHORSE Building #41018
Old Ironside & 77th St.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Breakfast: 7:30-9 a.m. Monday-Friday (WKND, HOL): 9:30 a.m.-11 a.m.
Lunch: 11:30 a.m.-1 p.m. Monday-Friday (WKND, HOL): 11:30 a.m.-1 p.m.
Dinner: 5-6:30 p.m. Monday-Friday (WKND, HOL): 5-6:30 p.m.
BDE Food Service/MSG Chambers: 286-5004 DFAC/SFC Johnson: 618-8914

PATRIOT INN Building #12007
Old Ironside & 33rd St.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2	3	4	5	6	7
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22	23	24	25	26	27	28
29	30	31				

Breakfast: 7:30-9 a.m. Monday-Friday (WKND, HOL): 9:30 a.m.-1 p.m.
Lunch: 11:30 a.m.-1 p.m. Monday-Friday (WKND, HOL): 11:30 a.m.-1 p.m.
Dinner: 5-6:30 p.m. Monday-Friday (WKND, HOL): 5-6:30 p.m.
W01 Synder or MSG Warren: 285-6928 Flex feeding available

BLACK JACK Building #34002
Old Ironsides Ave. & Pyongyang Dr.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
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8	9	10	11	12	13	14
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Breakfast: 7:30-9 a.m. Monday-Friday (WKND, HOL): 9:30-11 a.m.
Lunch: 11:30 a.m.-1 p.m. Monday-Friday (WKND, HOL): 11:30 a.m.-1 p.m.
Dinner: 5-6:30 p.m. Monday-Thursday, 4- 5:30 p.m. Friday (WKND, HOL): 5-6:30 p.m.
CW2 Sturdivant: 931-378-3681 DFAC Mgr.: 254-813-1791

OPERATION IRAQI FREEDOM Building #21020
Battalion & 58th St.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
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8	9	10	11	12	13	14
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Breakfast: 7:30-9 a.m. Monday-Friday (WKND, HOL): 9:30-11 a.m.
Lunch: 11:30-1 p.m. Monday-Friday (WKND, HOL): 11:30 a.m.-1 p.m.
Dinner: 5-6:30 p.m. Monday-Thursday, 4-5:30 p.m. Friday (WKND, HOL): 5-6:30 p.m.
BDE Food Service/W01 Arroyo: 286-6603 or DFAC SFC Maciel: 287-8930

CULINARY OUTPOST KIOSK Building #34002 Old Ironside
and 75th St. Fort Hood

SUN	MON	TUES	WEDS	THUR	FRI	SAT
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8	9	10	11	12	13	14
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22	23	24	25	26	27	28
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Breakfast: 8-11 a.m. Monday-Friday (WKND, HOL): 9-11 a.m.
Lunch: 11:01-3 p.m. Monday-Friday (WKND, HOL): 11:01 a.m.-3 p.m.
Dinner: 3:01-8 p.m. Monday-Friday (WKND, HOL): 3:01-6 p.m.
BDE Food Service/W01 Wallace: 289-0063 or DFAC SGT Kraat: 912-655-2007

NORTH FORT HOOD Building #56320

SUN	MON	TUES	WEDS	THUR	FRI	SAT
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Breakfast: 5:30-8:30 a.m. Sunday-Saturday
Lunch: 11:30 a.m.-1:30 p.m. Sunday-Saturday
Dinner: 5-7:30 p.m. Sunday-Saturday
DFAC/Ms. Pitts: 287-0672

NORTH FORT HOOD Building #56447

SUN	MON	TUES	WEDS	THUR	FRI	SAT
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Breakfast: 6:30-8:30 a.m. Sunday-Saturday
Lunch: 11:30 a.m.-1:30 p.m. Sunday-Saturday
Dinner: 5-7:30 p.m. Sunday-Saturday
DFAC/Ms. Holton: 288-9089

THEODORE ROOSEVELT Building #9205
Battalion & 21st St.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
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8	9	10	11	12	13	14
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Lunch: 11:30 a.m.-1 a.m. Monday-Friday (WKND, HOL): 11:30 a.m.-1 p.m.
Dinner: 5-6:30 p.m. Monday-Thursday, 4-5:30 p.m. Friday (WKND, HOL): 4-5:30 p.m.
BDE Food Service/W01 Bowers: 286-6853 DFAC/SFC Virotek: 288-2292

ALWAYS READY Building #91226
HQ Ave., West Fort Hood

SUN	MON	TUES	WEDS	THUR	FRI	SAT
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Lunch: 11:30-1 p.m. Monday-Friday (WKND, HOL): 11:30 a.m.-1 p.m.
Dinner: 5-6:30 p.m. Monday-Thursday, 4-5:30 p.m. Friday (WKND, HOL): 4-5:30 p.m.
BDE Food Service/MSG Perry or DFAC/SFC Miller: 288-2143

CULINARY OUTPOST FOOD TRUCK Support Ave.
and 62nd St.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30-1 p.m. Monday-Friday
Dinner: Closed
Food Advisor/W01 Ayala/CE: 910-574-7102 or NCOIC: SFC Santos/ CE 804-299-6292

Installation Food Service: 287-6595 III Corps Food Service: 287-0573 Division Food Service: 287-3134

DoD begins implementing naming commission recommendations

BY JIM GARAMONE
DoD News

The Naming Commission process is now over and the names of bases, posts, ships, streets and more named after Confederate Soldiers will change.

William A. LaPlante, the undersecretary of defense for acquisition and sustainment, today directed all DoD organizations to begin full implementation of the Commission on the Naming of Items of the Department of Defense recommendations. LaPlante acted at the end of a 90-day waiting period that began after the Naming Commission released its third and final report in September.

Secretary of Defense Lloyd J. Austin III accepted the renaming recommendations in September.

The services and other DoD agencies have until the end of the year to complete the process.

Retired Navy Adm. Michelle Howard chaired the congressionally mandated Naming Commission. The commission's mission was to provide removal and renaming recommendations for all DoD items "that commemorate the Confederate States of America or any person who served voluntarily with the Confederate States of America."

While Army bases are the most conspicuous examples, many installations have street names or buildings named after Confederates. The Navy will rename the cruiser USS Chancellorsville, which commemorates a Confederate victory, and the USNS Maury, named after a U.S. Navy officer who resigned his commission to fight for the Confederate Navy, will also be renamed. Battle streamers commemorating Confederate service will no longer be authorized.

Some Army bases, established in the build-up and during World War I, were named for Confederate officers in an effort to court support from local populations in the South. That the men for whom the bases were named had taken up arms against the government they had sworn to defend was seen by some as a sign of reconciliation between the North and South. It was also the height of the Jim Crow Laws in the South, so there was no consideration for the feelings of African Americans who had to serve at bases named



Graphic courtesy of DoD

after men who fought to defend slavery.

All this changed in the aftermath of the police killing of George Floyd in 2020. Many people protested systemic racism and pointed to Confederate statues and bases as part of that system. Congress established the commission in the National Defense Authorization Act of fiscal 2021. Then-President Donald J. Trump vetoed the legislation because of the presence of the commission and huge bipartisan majorities in both houses of Con-

gress overrode his veto.

The commission issued its first report in May 2022, which addressed renaming Army bases. The commission finished their mission on Oct. 1, 2022 and there was a 90-day period for public comment. That has now expired and the renaming of the bases may proceed apace.

Fort Benning, Georgia, will be renamed Fort Moore after Army Lt. Gen. Hal Moore and his wife, Julia Compton Moore. Moore

commanded U.S. forces in the first large-scale battle of the Vietnam War. His book — "We Were Soldiers Once...And Young" was made into the 2002 movie We Were Soldiers.

Fort Gordon, Georgia, is renamed Fort Eisenhower after General of the Army Dwight D. Eisenhower, the leader of the liberation of Europe in World War II, and the 34th president of the United States.

Fort A.P. Hill, Virginia, is renamed Fort Walker after Dr. Mary Edwards Walker — the first woman surgeon in the Civil War, and the only woman awarded the Medal of Honor.

Fort Hood is renamed Fort Cavazos in honor of Army Gen. Richard E. Cavazos, a Hispanic-American hero of both the Korean and Vietnam Wars.

Fort Lee, Virginia, is renamed after two soldiers and will become Fort Gregg-Adams. Army Lt. Gen. Arthur J. Gregg was an African-American soldier who rose from private to three-star during a career in military logistics. Army Lt. Col. Charity Adams was the first African American officer in the Women's Army Auxiliary Corps in World War II and led the first African-American WAAC unit to serve overseas.

Fort Pickett, Virginia, is renamed Fort Barfoot in honor of Army Tech Sgt. Van T. Barfoot, who received the Medal of Honor for his actions with the 45th Infantry Division in Italy in 1944.

Fort Polk, Louisiana, is renamed Fort Johnson to commemorate Army Sgt. William Henry Johnson. Johnson was a member of the famous Harlem Hellfighters that fought under French Army command during World War I. Johnson belatedly received the Medal of Honor for an action in the Argonne Forest of France where he fought off a German raid and received 21 wounds in the hand-to-hand fighting. President Barack Obama awarded Johnson the medal in 2015, long after the Soldier died in 1929.

Fort Rucker, Alabama, is renamed after Army Chief Warrant Officer 4 Michael J. Novosel. The chief was an aviator who flew combat in both World War II and Vietnam and received the Medal of Honor for a Medevac mission under fire in Vietnam where he saved 29 soldiers.

Finally, Fort Bragg, North Carolina, is renamed Fort Liberty.

Gunner: Working hard for success, to make history

Continued from A1

Being tested during the course on weapons system platforms, the Master Gunner has the duty of advising commanders and being a part of the planning, development, execution and evaluation of all combat and gunnery-related training.

"During the course, I was bombarded with information, which was overwhelming. There was a lot of new information I learned. As a tanker for 4-and-a-half years already, a lot of what they taught us were things I would never really think about. It was a whole other level of knowledge," Ramirez said.

Course participants are tested on a multitude of curriculums, including Individual, Maintenance, Gunnery and Gunnery Training. The required amount of skills and intellect to pass the Master Gunner Course has proven to be difficult, resulting in a very low graduation rate.

"I didn't pass the first time, and I got down on myself. I didn't

want to go back. Thankfully, I had some amazing people on my side that believed in me and reminded me of my potential," Ramirez said.

Motivated to graduate from the course, Ramirez returned with the knowledge she gained from her last attempt and used her past experiences to her advantage.

"When I went back to the course a second time, it was a much better experience because I had a better grasp of what was being explained. The instructors were great at helping me understand the process behind things," Ramirez said.

After going back to the course for a second time, Ramirez graduated from the course and became the first active duty female Soldier to graduate from the M1A2 Abrams Master Gunner Course.

"Mistakes shouldn't stop you from wanting to be a better person. So, just because we as females might fail the first time we try, it doesn't mean we stop," Ramirez stated. "We have to keep going and pushing."



Photo by David Dumas, 1st Cav. Div. Public Affairs

Sgt. Cinthia Ramirez, assigned to Avenger Company, 1st Bn., 12th Cav. Regt., 1st Cav. Div., pushed through the course to motivate other Soldiers to set goals and standards for themselves and achieve them



Photo by Janecze Wright, Fort Hood Public Affairs

Job seekers connected with 200 local, state, national and international employers from as far away as Canada during the Mega Career Fair in the Lone Star Conference Center Tuesday. There were over 100,000 employment opportunities for attendees to explore.

Fair: Full of opportunity

Continued from A1

good feeling about. Find a way to get to yes on someone that's here, putting themselves out there, and looking for that hand up, as they transition to that next phase in their lives. I don't think you're going to regret it if you do," Foster declared.

The event is the largest career fair in the Department of Defense with over 100,000 employment opportunities available to 3,500 - 5,000 attendees.

Employers from as far away as Canada were on hand to speak with job seekers, discuss their organizations and relay what they look for in a potential hire.

Workforce Solutions Panhandle was new to the event and eager to connect with job seekers.

"This provides us a great opportunity to really go out of our area and hopefully bring some really talented people back home with us," said Philip Flores, Workforce Solutions Panhandle business services representative.

"This is the best opportu-

nity that we have in order to get people with the skills that our employers are looking for," he added.

Soldiers, family members and veterans took full advantage of the opportunity to make lasting first impressions on representatives from local, state, national and international companies.

Sgt. Lakisha Miller, 20th Engineer Battalion, plans to transition in July 2024 after eight years of service to become an RN. She was thankful for the opportunity to speak with potential employers face to face.

"To be here, to get the information, to be able to understand the processes that we have to go through to transition to our next career, it's very important," she stated.

The event not only makes it convenient for Soldiers to meet with representatives from in-demand career fields, but it also provides a plethora of potential hires for companies to choose from.

"This makes it seem as the employers are competing with each other to get me, instead of me competing with all the

other service members to get one of them," said Sgt. First Class Jason Smith, 36th Engineer Brigade. "So I don't have to sell myself, but they're going to sell themselves to me."

Smith transitions in about four months after 15 years of service and hoped the event would help him choose a civilian career field.

Larissa Spiller, manufacturing leadership recruiter at Tesla, said that service members have many of the skills required to be successful at her organization, making them prime recruits.

"We're always rolling with the punches, so we need people to have that flexibility, know how to jump in and do something that maybe is not really with their job title," she explained. "With military personnel, it's a big thing, that's part of your strategy, that's part of your training, so we definitely appreciate that and think that's one of the main qualities we need as well at Tesla."

This is one of several career fairs that happen throughout the year. Contact Fort Hood TAP at (254) 287-3513 for more information.



Photos by Janecze Wright, Fort Hood Public Affairs

LEFT, Ernestine Dingbobga selects can goods at the Food Care Center in Killeen Friday. She said the center helps to feed her family of six. **ABOVE**, Dr. Peter Craig, director of Fort Hood Family and Morale, Welfare and Recreation, drops off food to the Food Care Center in Killeen Friday. DFMWR collected a total of 700 pounds of food during the Nature in Lights event at Belton Lake Outdoor Recreation Area. **BELOW**, The Food Care Center provided boxes filled with fresh produce in addition to some fresh watermelons Friday. The center grows some of their vegetables on site in a garden maintained by Killeen Independent School District students.

Donations: Making an impact in community

Continued from A1

the family depends on the food pantry to help make ends meet.

“Our income is not that much. Right now, we are like six at home, and I don’t work because I go to school,” she explained. “But ever since I had the baby, I’m a stay-at-home mom, so it’s really been helpful.”

The Food Care Center has been a pillar in the community for over three decades. They partner with local organizations to provide food for thousands of people each year.

Raymond Cockrell, executive director of the Food Care Center,

estimated that the center averaged 180 families a day and distributed 2.7 million pounds of groceries to 93,000 people last year. He said the center had already serviced 20,000 individuals in November and December alone and that 20% of those that visit are military affiliated.

“I wish we could go out of business, but unfortunately, we’ve seen about a 30% increase in the last couple of years with COVID, and now with inflation,” Cockrell stated.

The center heavily relies on donations from local community organizations, retailers and good Samaritans to keep up with the

demand. In turn, families receive everything from canned goods, fresh produce and water to whole cuts of meat, baked goods and even baby formula and supplies. The center additionally grows its own vegetables in a garden on site that is maintained by Killeen Independent School District students.

This was the first year DFMWR collected donations, but Dr. Craig hopes to be able to give even more in the future by setting up donation boxes at events on Fort Hood.

Dr. Craig shared, “It’s a chance for us, the folks at Fort Hood, to give back to the community.”



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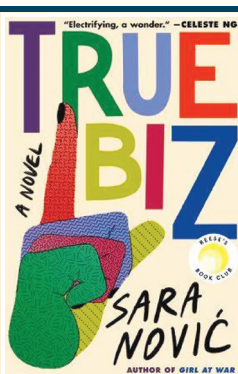
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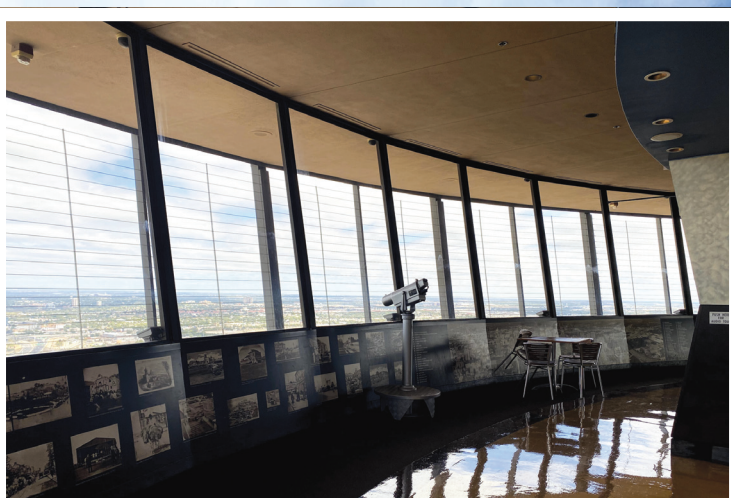
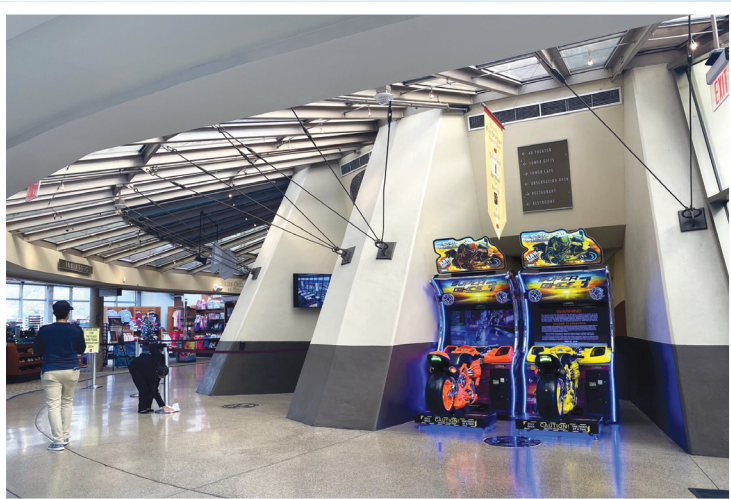
SECTION B
Bird Count.....B2
Health Works.....B5
Book Review.....B6



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TOP, The Tower offers well maintained landscaping, along with plenty of outdoor seating to enjoy the cafe located on the ground level. **ABOVE**, Visitors can enjoy the 4D theater as many times as they wish when they purchase a ticket.



Photos by Samantha Harms, Sentinel Editor

BACKGROUND, The Tower of Americas stands at 750-feet tall and is the tallest observation tower in Texas. **TOP**, The ground level includes a gift shop, a photo booth and a gaming center. **ABOVE**, The top level features both an indoor and outdoor observation deck.



The Skies Over San Antonio: The Tower of Americas

BY SAMANTHA HARMS
Sentinel Editor

Standing tall at 750-feet, the Tower of Americas, located in downtown San Antonio, offers a worldly experience, both at the top of the tower and on the ground level.

The tower was built in 1968 for the Hemisfair World's Fair, which celebrated San Antonio's 250th anniversary. When it was originally built, it was the tallest observation tower in the U.S., eventually surpassed by the Stratosphere Tower, Las Vegas, in 1996. It remains the tallest observation tower in Texas.

Visitors will arrive at "The Tower," as it is known locally, and be greeted with a most relaxing scene. The Tower is surrounded

by well-maintained landscaping and plenty of outdoor seating so that visitors can enjoy the café that is located on the ground level. There are also monthly "Movie in the Park" events, along with the monthly Alamo City LX Mopar Car Show. During the summer months, visitors can also enjoy live music.

Outside of these events, the real appeal to visiting the Tower is what is offered inside.

Ticket prices are \$16.50 for adults and \$13.00 for military. This ticket includes unlimited access to the Observation Deck, Flags Over Texas and the 4D theater ride.

When I visited, the Tower was showing "Wonder Woman," "Skies Over Texas" and "Ice Age: No Time For Nuts" at the 4D theater. The shows are roughly 20 minutes and

offered every half hour in a rotating schedule. I started my visit with the "Skies Over Texas" and "Wonder Woman" showings. I highly recommend the "Skies Over Texas" as it really allows visitors to appreciate the beauty that can be found in this state.

From there, I took the elevator up to the top of the tower. The Tower features three elevators which can carry 1,950 passengers per hour. An amazing fact that you'll learn from the elevator operator is that it only takes 43 seconds to reach the top – moving at a speed of 800 feet-per-minute.

At the top, visitors will find an indoor and outdoor observation deck and the revolving Chart House Restaurant.

The observation deck features a 360-degree view of the city of San



ABOVE, Capt. Jessica Lopez, 720th Military Police Battalion, 89th Military Police Brigade, enjoys the view from the outdoor observation deck at the top of the Tower. The observation deck offers a 360-degree view of San Antonio.

Antonio. The indoor portion also offers landmark points of the city so that visitors can orient themselves in the city.

The Tower of Americas is a relax-

ing option for someone to visit during their time in San Antonio. It offers great views of the city and even fun events that will keep visitors coming back again and again.



Photos by Christine Luciano, DPW Environmental

ABOVE, Cassie Bray holds her seven-year-old daughter, Briley Bray, as she uses a spotting scope to look at an American kestrel in a Fort Hood training area Dec. 13, 2022, as Chelsea Plimpton, pollinator biologist, Fort Hood AIM program, keeps the scope steady. **LEFT**, Charlie Plimpton, avian biologist, Fort Hood Adaptive and Integrative Management program, points to a songbird, as volunteers and avian experts scan skies during the Fort Hood Christmas Bird Count outreach event Dec. 13, 2022.

Official bird count tallies 116 species

BY CHRISTINE LUCIANO
DPW Environmental

Annually around mid-December, the Fort Hood Adaptive and Integrative Management program along with volunteers, biologists, students from Texas A&M University Central Texas and Wild Birds Unlimited-Temple come together to support the Audubon Christmas Bird Count and comb the training areas to count as many birds as possible in a single day. Fort Hood's 7th annual CBC focused on a community outreach event on Dec. 13, 2022, followed by an official event on Dec. 14, 2022.

"Locally, we will be able to use the data collected to gain insights to our avian population trends and

how they change from year to year, and eventually over the course of many years on Fort Hood," Charlie Plimpton, avian biologist, AIM program, said. "The CBC is also a great way to engage the public and encourage people to learn more about birding and the abundance of wildlife that is available for them to enjoy."

Cassie Bray and her seven-year-old daughter, Briley Bray, were excited about the second opportunity to participate in a citizen science initiative after helping Fort Hood biologists with a monarch tagging event in the fall.

"It was really exciting to try something different and I wasn't sure what to expect. It was nice to get out and get into nature," she

said. "It's a great opportunity to get life skills and do our part to see what we can do to help to grow our experiences and knowledge in birds and nature."

Each count aims to identify and record every individual bird encountered within a defined 15-mile circle, and count birds that can be seen or heard.

"I thought from beginning, 'Wow, they barely see them. How can they see what they are?' But it helped me know how we can grow in bird identification and now recognize it's also about our ears and listening," Bray said. "So that's really exciting. My take away is get on the bird apps and for my daughter and I to start learning and growing in our understanding

of birds."

During the official event, Fort Hood biologists and expert birders observed 116 species and 7,075 individual birds.

Plimpton explained that anyone can participate in the count since volunteers are teamed with avian experts.

"This citizen science event gives volunteers the opportunity to learn about bird identification and conservation," he said. "I hope Fort Hood's CBC sparks more people to take an interest in birding, as I have in my own personal life. Birding gives me great joy and being out in nature has many health benefits for mental well-being as well."

Volunteers interested in bird-

ing and contributing to bird data will have another opportunity next month as part of the Great Backyard Bird Count set for Feb. 17-20.

To participate, decide where you will watch birds; watch birds for 15 minutes or more, at least once over the four days; and count all the birds you see or hear within your planned time/location and use the best tool for sharing your bird sightings such as Merlin Bird ID app or eBird.org.

For more information about the National Audubon Society's Christmas Bird Count, visit www.audubon.org/join-christmas-bird-count. For more information on the 2023 Great Backyard Bird Count, visit www.birdcount.org.

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3rd ASOG is intramural flag football champion

BY BLAIR DUPRE

Sentinel Living Editor

The 3rd Air Support Operations Group are the intramural flag football champions after defeating the 61st Multifunctional Medical Battalion Dec. 13.

Not only did they have to play back to back in the semifinals to qualify for the championship game, but they also had to defeat the 61st MMB twice to earn the title of champions.

Staff Sgt. Martin Dietrich, 9th Air Support Operations Squadron, and Tech. Sgt. Joshua Monette, 3rd Combat Weather Squadron, were happy to see that their resilience paid off.

“It feels amazing. Especially, after the route we had to take going into the loser’s bracket,” Dietrich said.

“It took a lot of resilience. We got here the hard way. (We) had a lot of guys get hurt and it was really cool to see everybody rally together and step in where they needed to when we had guys go down. It was a team effort, definitely,” Monette stated.

Not only did they compete well, with two back and forth, nail-bit-



Staff Sgt. Martin Dietrich, 9th ASOG, makes a pass during the championship game for the intramural football championship tournament Dec. 13, 2022 at Phantom Warrior Stadium. Many Airmen from 3rd ASOG were there cheering them peers on from the stands.

Photos by Blair Dupre, Sentinel Living Editor

ing games against the 61st MMB, but several of their peers from 3rd ASOG were there to support them

in the stands.

Dietrich and Monette were grateful for the support.

“I had no idea that we even had fans in the stands because we all

wear the same uniform,” Dietrich said. “So, hearing them get loud for us in that first game - I’ll speak for myself (and also the rest of the team). I definitely think ... it

sparked something in us to where even if we’re a little tired, hearing them it definitely put something back into me where I was like, ‘Okay, we got to go out here and get this.’

“It was a really good feeling. Especially being Air Force personnel on an Army installation we’re already so badly outnumbered. It’s kind of cool when we show up in full force and get good representation and have fun for a change. Everybody goes to work every day. Everybody just kind of gets in the grind. It’s fun to come out here and do something refreshing and have everybody participate.”

Dietrich thanked leadership for allowing their fellow Airmen to come out and support them since the games began during work hours. “It’s the middle of a Tuesday ... afternoon. I’m just happy that they were allowed to come out here,” he said. “The fact that they were allowed to come out here and support us is awesome. I appreciate the leadership letting that happen.”

For Monette and Dietrich, intramural flag football has given them great networking opportunities as well as a fun way to relieve stress.

“Us (Dietrich and Monette) working two different jobs, the combat weather and the TACPs (Tactical Air Control Party specialists), it bridges a gap. The camaraderie you can build doing something like this ... it’s awesome. If we weren’t out here I wouldn’t know a lot of these guys and there’s a lot of cool dudes that you get to know,” Dietrich said. “You get to make connections. There’s a whole bunch of stuff that I can continue to learn from these guys. It’s so much more than just playing a sport.”

“As far as being a balanced person getting your mind off of the regular day-to-day monotony, or the grind or whatever it is that work becomes (is important),” Monette said. “It’s good to just come out for a couple of hours once or twice a week and be able to just have some fun.”



LEFT, 3rd ASOG had to defeat 61st MMB twice to earn the title of champion. ABOVE, Derrick Perry, coordinator with the Fort Hood Directorate of Family Morale, Welfare and Recreation, presents Staff Sgt. Martin Dietrich and Tech. Sgt. Joshua Monette with the flag football championship trophy Dec. 13, 2022.

Houses of Worship

FORT HOOD CHAPEL SERVICES



ROMAN CATHOLIC

Sunday Mass, 9 a.m., Spirit of Fort Hood Chapel, www.facebook.com/FtHoodRomanCatholic

Noon Mass, Monday through Friday, noon, Spirit of Fort Hood Chapel

Confession after Mass, or by appointment call 286-6749, Spirit of Fort Hood Chapel

PROTESTANT

A.L.E. (Anglican, Lutheran, Episcopalian), Sunday, 9 a.m., Spiritual Fitness Center, www.facebook.com/FtHood-Liturgical-Chapel-Service

Spanish Protestant, Alcance, Sunday, 1:30 p.m., Spirit of Fort Hood Chapel, www.facebook.com/AlcanceFortHoodTX

GOSPEL CONGREGATION

Gospel Service, Sunday, 11 a.m., Comanche Chapel, www.facebook.com/ComancheChapel

TRADITIONS

Traditions Service, Sunday, 10 a.m., Ironhorse Chapel, www.facebook.com/groups/fhtpwsl

Samoan Traditional Service, 1st and 4th Sunday, 12 p.m., Ironhorse Chapel

CHAPEL NEXT

Contemporary Service, Sunday, 11:15 a.m., Spirit of Fort Hood Chapel, www.facebook.com/

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OPEN TABLE

All Inclusive Christian Chapel, Sunday, 11 a.m., Memorial Chapel, www.facebook.com/OpenTableChapel

WFH PROTESTANT

Non-Denominational Protestant, Sunday, 10:30 a.m., West Fort Hood Chapel, www.facebook.com/West-Fort-Hood-Chapel

JEWISH

Shabbat Service, Friday, 6 p.m., Spirit of Fort Hood Chapel Annex

MUSLIM

Daily prayers at 1 p.m. and 3:30 p.m. at 13th ESC Chapel
Friday Jumma Prayers at 1:30 p.m. at 13th ESC Chapel

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Marriage 101, 1st Wednesday of month, 1 p.m., Family Life Chaplain Training Center. 254-288-1913

Men of Honor, Contact Ken Wooten, 254-466-6254

Protestant Women of the Chapel (PWOC), on summer break until the fall semester, www.facebook.com/FortHoodPWOC

Mothers of Preschoolers (MOPS), www.facebook.com/FortHoodMOPS

Club Beyond-High School, Contact Hope Mango, 412-519-9574

Club Beyond-Middle School, Contact Hope Mango, 412-519-9574

Catholic Women of the Chapel (CWOC), Tuesdays from 9:30-11:30 a.m. at Spirit of Fort Hood Chapel. Facebook: Fort Hood CWOC

Chapel tithes and offerings may be sent to www.armydigitalgiving.com or <https://webtrac.mwr.army.mil/digitalgiving>

(Catholic Women of the Chapel)

Gospel Chapel Children and Youth Services,

Children, 3rd and 5th Sunday at 9:45 a.m.; youth, Sunday school in person at 9:45 a.m., Contact Stacy Wilson, 254-288-6549

Catholic Youth Ministry-Crusaders, 8-12 grades, Contact Maria Fuavia, 573-842-8181

Catholic Religious Education-CCE, Wednesday and Sunday, Contact Donna Hilley, 706-392-0144

Church of Jesus Christ of Latter Day Saints, Institute of Religion Classes, Tuesday from 7:30-8:30 p.m. at 13th ESC Chapel, Contact Chap. Unsworth at 210-827-4198 or Seth Porter, 254-681-0112

* Holiday hours and events are posted on the Garrison Chaplain's Facebook page, facebook.com/FortHoodGarrisonChaplainsOffice

If you have any questions or concerns, please contact our Religious Support Operations office at 254-288-6545.

iREPORT

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Photos courtesy of Maj. Adam Herring
LEFT, Maj. Adam Herring, 720th MP Bn., 89th MP Bde., makes a throw during a cornhole tournament. **ABOVE**, A team consisting of 3rd Cav. Regt. Soldiers pose after claiming the title of champions at a cornhole tournament. **RIGHT**, Capt. Jessica Lopez, 720th MP Bn., 89th MP Bde., poses after winning second place in a cornhole tournament.

Cornhole sparks new interest

BY BLAIR DUPRE
Sentinel Living Editor

Intramural sports are important to Soldiers here at the Great Place and some, like Maj. Adam Herring, Headquarters and Headquarters Detachment, 720th Military Police Battalion, 89th Military Police Brigade, have even discovered a new passion through participating.

Through intramural cornhole tournaments hosted by the Directorate of Family Morale, Welfare and Recreation, Herring has grown a love for the sport and has become more involved with it over the past two years.

“My interest in cornhole actually began back in August of 2021 during the MWR Cornhole Tournament that was part of the Commanders Cup,” he explained. “At that point I had played one game of cornhole in my entire life but ultimately my partner and I finished 4th place at that tournament. Thinking this was beginners’ luck I entered the next MWR tournament that was a couple months later, once again I finished in the top 5. At this point my interest was peaked.”

Then Herring competed in a tournament in his hometown with his wife. He fell just short of placing and he wondered what he could accomplish if he began practicing. So he purchased boards and bags and began looking for ways to compete. Luckily, he found a great resource - an app called Scoreholio.

“I came across the app Scoreholio which has a feature that shows all the tournaments across the nation. When I was exploring the app, I came across a tournament in Kempner at their VFW the next day,” he shared. “I talked to my friend, whom I was practicing with, and convinced him we should go and try our luck at that tournament. Later on I also utilized this app to run a tournament at a unit function and it is simple and user friendly.”

Herring was partnered with an experienced player in this tournament and they made it to the championship round. They placed second and Herring knew that he was hooked.

“After a second place finish I was 100% bought into cornhole to the

extent that I am planning to travel and play in the largest tournament in Texas (this month),” he said.

Though cornhole seems simple on the surface, Herring said it can be very involved.

“There are multiple leagues (and) associations for cornhole. Some are national, such as American Cornhole League (televised on ESPN) or American Cornhole Association and some are local like the Texas Cornhole League (only found in Texas, Oklahoma, and Louisiana). Each of these leagues come with their own set of rules and specifications for their cornhole bags,” he said. “In addition to the multiple cornhole leagues, there are many cornhole clubs and groups. It seems like there is one for every major city. Locally, I have found several clubs and groups which put on high level competition tournaments. These groups all vary in size, organization and structure, but the common theme between them is that they attract the very best players from the Central Texas region.”

Herring isn’t the only Soldier who has pursued their love of cornhole off post. Staff Sgt. Ryan White, 3rd Cavalry Regiment, has enjoyed the game since 2005 and is now learning even more about the competitive opportunities.

“Competing in the tournaments is a true test of your abilities if you want to become better,” White said. “At my age I do not get to do many competitive sports and I am a very competitive person but even if you are coming to hangout and meet new people this is a great sport to do it.”

Capt. Jessica Lopez, 720th MP Bn., 89th MP Bde., has recently gotten involved with cornhole tournaments and enjoys the welcoming community.

“For a few years now, I have played cornhole at social events with friends and family. I never knew of any tournaments or leagues until coworkers told me about them a few months ago. So for a while I have only played for the fun of it, but now I get to really enjoy the competition side of it,” she said. “I truly love the sportsmanship. Everyone knows everyone so being the new person can be intimidating, but



Maj. Adam Herring teaches fellow cornhole enthusiasts how to properly keep score. Herring became interested in competing in cornhole tournaments after competing in intramural cornhole tournaments on post.

everyone wants to teach and learn despite what level they are personally playing at. I try to improve my points per round every tournament and people notice. They praise me and are eager to know if I’ll be at the next one.”

Herring said he enjoys cornhole because anyone can play no matter their age or athletic ability and he would love to see it at the All-Army Level.

“Once the initial setup is funded, the sport manages itself. The bare minimum an installation would need to buy are quality professional cornhole boards. These cost between \$250 - \$500 dollars a set. Realistically an installation would need five sets to run a tournament,” he explained. “If implemented at the All-Army level, I think each installation would hold a tournament, both singles and partners, the top three or more in each cat-

egory could be sent TDY to the host installation for the All-Army Tournament. I would then like to see the top three teams and individuals from the All-Army Tournament be entered into an ACL Pro Open or World Championship.”

“I honestly think that there is a significant number of Soldiers in the Army that like to play cornhole but they are unaware of the availability of these tournaments and leagues similar to how I was. I would love to see it grow in popularity because I know there are a lot of talented Soldiers within our formation that can be very successful in the cornhole circuit,” he added.

White and Lopez would also love to see more competitive cornhole within the Army.

“Getting the Soldiers out of the barracks and providing something close to them that doesn’t cost a lot of money is important. A lot of Sol-

diers come into the Army straight from high school and this would be a way for them to meet new people while playing something a lot of them played with friends and family,” White said. “The Army has a lot of All-Army teams that no one knows about. If this could become one of those sports (that people know about) and get them to the national stage it could help with recruitment.”

“I would love to see cornhole being played at the varsity level within the Army. Everyone has their different interests or hobbies and I think cornhole is gaining some traction within the community,” Lopez added. “Soldiers and their family members can benefit from this sport. It gives everyone a chance to play. There is no age requirement, no skill level you have to meet and an injury is minuscule.”

Cornhole has greatly benefited Herring, White and Lopez in a multitude of ways and they believe it can be just as beneficial to other Soldiers.

“For me, personally, it is a stress reliever and the cornhole community is a very welcoming community which provides Soldiers who are far away from their home and families an opportunity to get out and meet new people. It is a very social sport,” Herring said. “I have expanded my social circle and found an outlet to decompress and relieve stress from work.”

“Getting out of the house and doing stuff on my off time that is fun and affordable is great. I would say my quality of life has improved greatly due to cornhole because it gives me something to look forward to on the weekends,” White said. “Making friends at tournaments and then looking forward to the competition between us to one up one another is a great time.”

“I get excited about upcoming tournaments that I just want to keep inviting new people to come and try it out,” Lopez said. “When they do and enjoy it I feel good that others can enjoy it with me. It’s nice to be around good company; friends and families sharing stories when waiting their turn and cheering each other on when playing their game. It’s a wholesome feeling.”



LEFT, Maj. Adam Herring poses with his son after competing in a cornhole tournament. **ABOVE**, Cornhole enthusiasts compete in a cornhole tournament at a local Veterans of Foreign Wars. “For me, personally, it is a stress reliever and the cornhole community is very welcoming community which provides Soldiers who are far away from their home and families a chance to get out and meet new people,” Herring said.



Director: DHA will serve ‘Anytime, anywhere’

BY DEFENSE HEALTH AGENCY

FALLS CHURCH, Virginia — Maj. Gen. Telita Crosland became the Defense Health Agency’s fourth director in its nearly 10-year existence Jan. 3, pledging to continue taking the DHA “down its path of excellence.”

With a career spanning three decades of service in the U.S. Army and in the Military Health System, Crosland succeeded U.S. Army Lt. Gen. (Dr.) Ronald Place, who served as director since October 2019.

The U.S. Senate confirmed her for promotion to lieutenant general, and she will receive her third star on Jan. 20. She also serves as the first African American DHA director.

Acting Assistant Secretary of Defense for Health Affairs Seileen Mullen presided over the Jan. 3 ceremony at Defense Health Headquarters in Falls Church, Virginia, to welcome Crosland as the new director, transitioning from her most recent position as the U.S. Army’s deputy surgeon general.

“I’m thankful for this opportunity and grateful to this team, and excited about partnering with our surgeons general, our industry partners and our patients during a dynamic period in health care,” Crosland said. “I love what we do in our Military Health System in service to our country and those we are privileged to serve.”

The DHA was established in 2013 as a U.S. military combat support agency to manage medical enterprise services worldwide. In 2017, as a result of congressional



Maj. Gen. Telita Crosland becomes the Defense Health Agency’s fourth director at a ceremony held in Falls Church, Virginia, on Jan. 3. Crosland succeeds Lt. Gen. (Dr.) Ronald Place, who served as director since October 2019.

Photo by Robert Hammer, MHS Communications

mandates, DHA was tasked to directly manage all military hospitals and clinics and integrate military health care with the TRICARE network of providers around the world.

As Crosland’s predecessor, Place oversaw this massive evolution of DHA during his tenure, with more than 700 military medical, dental and veterinary facilities transitioning from the U.S. Army, U.S. Navy and U.S. Air Force to the agency. Now, the DHA’s military and civilian workforce of more than 140,000 serve approximately 9.6 million active-duty service members, military retirees and their fam-

ilies worldwide.

“The mission of military medicine essentially stayed the same for all 36 years of my time in uniform ... and that’s to take superb care of anyone who’s raised their hand to serve and to deliver that care anywhere in the world, under the most challenging circumstances imaginable,” Place said. “Our military health mission endures. But organizations, on the other hand, must evolve. High reliability is about adaptation; it’s about improvement. And sometimes that means bringing in a completely new organization, in this case the Defense Health Agency.”

Under Place’s leadership, DHA was also awarded the Joint Meritorious Unit Award for Excellence by the U.S. Secretary of Defense for its work to respond to the global COVID-19 pandemic and mitigate its spread.

“Though General Place’s shoes will be hard to fill, I am confident that General Crosland is the woman to do so,” Mullen said.

Launching her military career in the U.S. Army as a medical corps officer in 1993, Crosland is a graduate of the U.S. Military Academy, the Uniformed Services University of Health Sciences, the U.S. Army Command and General Staff Col-

lege, and the Eisenhower School.

She has served in a variety of leadership positions throughout her military career at military installations, hospitals and clinics across the globe. Most recently as the Army deputy surgeon general, she also served as the deputy commander of the Army’s Medical Command.

“From her days as a West Point cadet through her academic accomplishments as she earned her doctorate of medicine, master’s of public health and master’s of science in National Resource Strategy, to her long list of leadership positions in service to our nation, General Crosland has shown exactly the kind of perseverance, dedication and excellence that will serve her, and us, so well in her new position,” Mullen said.

Crosland is board certified by the American Board of Family Medicine, a fellow of the American Academy of Family Physicians and a recipient of the Army Surgeon General’s “A” proficiency designation. Her awards and decorations include the Legion of Merit, Meritorious Service Medal, the Army Commendation Medal and the Joint Service Achievement Medal.

“Since the establishment of the agency in 2013, I have witnessed what you are capable of, and I know you bring a passion for and commitment to excellence,” said Crosland of the DHA’s 140,000-strong workforce.

She concluded by accentuating the new vision of the DHA to “care for the joint force and those we are privileged to serve – anytime, anywhere – always.”

Changes to TRICARE Expected in 2024

BY TRICARE COMMUNICATIONS

FALLS CHURCH, Virginia — A new TRICARE contract that facilitates beneficiary health care in the civilian sector, known as T-5, is expected to start in 2024. The changes will improve the delivery, quality and cost of health care services for services for service members, retirees and their families.

There will continue to be two regional contractors. On Dec. 22, 2022, the Defense Health Agency announced that Humana Government Business and TriWest Healthcare Alliance Corporation will be the regional contractors, also known as managed care support contractors. If you live in the TRICARE East Region, Humana Government Business (Humana Military) will administer your health plan and provide TRICARE coverage. If you live in the TRICARE West Region, TriWest Healthcare Alliance Corporation will administer your health plan and provide TRICARE coverage.

“I am pleased that our new T-5 TRICARE contracts will continue to focus on enhancing the experience of care and great



health care outcomes for our service members, retirees and their families,” said Lt. Gen. Ronald Place, former director, Defense Health Agency.

Six states move to West Region

The biggest change is the shift six East Region states will make to the West Region. This will affect approximately 1.5 million beneficiaries. The states moving from the East Region to the West Region are:

- Arkansas
- Illinois
- Louisiana
- Oklahoma
- Texas
- Wisconsin

Moving these six states into the West Region will create a more even balance to the TRICARE population each regional contractor manages. The move will also streamline processes and standards for both regions.

What does this mean for you? The DHA has targeted January 2024 for the changes to take place. Throughout 2023, the same regional contractor will continue to manage your TRICARE health plan:

- East Region — Humana Military
- West Region — Health Net Federal Services, LLC

You don’t need to take any action right now. How you get your health care won’t change

during the transition period through 2023. If you live in one of the states that’s going from the East Region to the West Region, the DHA and TRICARE regional contractors have a variety of communications planned throughout the year. You’ll learn how the transition will occur — and any action you need to take — so your TRICARE benefits can continue seamlessly.

Be sure to check the Defense Enrollment Eligibility Reporting System (DEERS) to confirm all your information is current. This will help make sure you won’t miss important communications regarding your TRICARE benefit.

New contract focuses on care

Built into the new contract is an ongoing commitment to improving access to and quality of health care services. The regional contractors will do this in a variety of ways, including:

- Supporting innovation and health care industry best practices
- Creating efficient ways to reduce health care costs
- Providing a foundation for future health care demonstrations and pilots
- Improving how military hos-

pitals and clinics and civilian care can work together to enhance patients’ health care experience

Some of the changes to the TRICARE health plan will happen behind the scenes, but every change will help support you by providing:

- More efficient referral transfers between the two regions
- Greater provider network flexibility
- Improved beneficiary choice
- Enhanced telehealth appointments

“The DHA wants to improve your health care experience and provide a seamless and timely transition for you and your family,” Place added.

Stay in the know

Transition planning time is scheduled for one full year. This is to ensure health care delivery is ready for all 9.6 million beneficiaries on day one of the new contract. Stay tuned for valuable information about the upcoming changes. Sign up for email alerts from TRICARE.

If you’d like to learn more about the 2024 changes, visit [Defense.gov](https://www.defense.gov).

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Sam's (Book) Club

Highlighting favorites and future novels

BY SAMANTHA HARMS
Sentinel Editor

2022 was filled with such a wide variety of books, from fantastical tales to Pulitzer Prize winners. While the types of novels continued to change throughout the year, the one thing that never wavered was appreciation of the written word. Books have an incredibly pow-

erful ability to transport readers into brand new worlds they never even dreamed of. They call readers to action, demanding that they take a new lesson or new perspective with them as the final page is turned.

It seems only fair that we look back over the last year and highlight a few favorites, while discussing what we are looking most forward to in 2023.

'True Biz'
by Sara Nović

This novel takes readers on an adventure through the halls of River Valley School for the Deaf, diving into the gossip amongst students, the struggles everyone seems to find with their identities, and the problems others find when outsiders try to tell them what to do with their bodies.

It is easily one of the most unique novels that I have ever read. The novel is written in a way that allows readers to distinguish between spoken word and signed word. Additionally, as you learn more about the characters and their backgrounds, readers also have the opportunity to learn about American Sign Language (ASL) and deaf culture in between chapters.

This novel was the true highlight of the "Newly Arrived" shelf in the Casey Memorial Library that I read in 2022. You may still find it on that shelf, otherwise it will live amongst the other fiction books. Also available at major booksellers.

'All the Light We Cannot See'
by Anthony Doerr

If you are looking for a story on the meaning of home, the depth of love found within family and bravery, pick up this book today. It was the winner of the Pulitzer Prize for Fiction in 2015 as well as the Andrew Carnegie Medal for Excellence in Fiction.

This historical fiction novel tells the story of two unlikely heroes in their own rights, a blind French girl and a German boy, as they each strive to survive the depths and the destruction of World War II.

The prose of this novel is breathtaking, as Doerr describes the

'Such a page-turner, entirely absorbing ... magnificent'
GUARDIAN

ALL THE LIGHT WE CANNOT SEE

ANTHONY DOERR

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PREMIER CROSSWORD/ By Frank A. Longo

ELEMENTAL EXPANSION

ACROSS

1 Legal aide, e.g.: Abbr.
5 Livestock pen
11 Legal aide, for short
15 "Moneytalks" rock band
19 Arena area
20 Edenic locale
21 "... — it just me?"
22 Dutch South African
23 "Help yourself," elementally?
26 Be jealous of
27 Liqueur akin to sambuca
28 Dessert, to a Brit
30 Bro's sibling
31 Whitewater transports
32 About to receive something special, elementally?
37 Afflictions
39 Madison Ave. products
40 Canon camera line
41 Vital vessel
42 Detective Briscoe on "Law & Order"
45 Brooks
47 Unpaved road surface
48 Ontarians' national anthem, elementally?
50 Bullring cheer
52 Rx requests
53 N-R linkup
54 Cyclotron bit
55 Upgrade electrically
58 Committing a basketball infraction
61 "Not gonna happen," elementally?
68 Without requiring me to change
69 Like Columbus, by birth
70 Weird sort
71 1998 Spike Lee film, elementally?
74 Copious, as sweating
76 Declared it to be true
77 — Tin Tin
79 Ancient Cuzco citizen
83 ICU staffers
84 Bill Clinton's veep, elementally?
90 Like many big grins
92 Absorb, as spilled ink or gravy
93 Collect
94 Skillet lobbies
95 "— tree falls in the forest ..."
97 Lass
98 Surrender
99 Puccini opera, elementally?
103 French painter Edgar
107 ThinkPad's original co.
108 Like LeBron James, a record 18 times
109 Estrange
111 Baldwin of "It's Complicated"
113 "You have my word," elementally?
117 Not far from
118 Pizza cooker
119 Insect stages
120 TV's — May Clampett
121 Port in Norway
122 Cruel Roman emperor
123 Smiles evilly
124 "The Thin Man" dog
DOWN
1 Being tried, legally
2 Tuscan tourist city
3 Letter stroke
4 Meeting secretly, in a way
5 Extremist sect
6 Ear ailment
7 French city
8 Stat of engine speed
9 Intend (to)
10 Put down
11 Low seats with no backs
12 Rejoinder to "Am not!"
13 Alarm clock headers
14 "Ad — per aspera"
15 Civil War prez
16 Utilize sparingly
17 Strayed off course
18 Ice needles, e.g.
24 Actress Caron
25 Whale pod
29 Asterisk
33 "Rats!"
34 Notion
35 Didn't waste
36 Gad about
38 Colleague of Trotsky
42 Spa scrubber
43 Unearth
44 Sedating
45 With
46 Hoopster — Abdul-Jabbar
47 Kid's "cootie"
49 Gear piece
50 Injury, to a tot
51 Lucy of "Elementary"
56 Besides that
57 Brand of shoes and leather goods
59 Chou En- —
60 Don of talk radio
61 Ensnared
62 Shot — (ice hockey stat)
63 Snake type
64 Dog sound
65 Cell with an axon
66 Thirst for
67 See
68 45-Down
69 Thor and Loki
72 Miss Poppins
73 Gimlet liquor
74 "Poultry in motion," e.g.
75 Red cosmetic
77 Brief swim
79 Language of Rome, to its natives
80 Footbal people
81 Polenta base
82 On the job
85 Company ID
86 Provo's state
87 Equine hybrid
88 Football great John
89 Gunpowder or matcha
91 "How funny"
92 Toddler, in Turin
95 Smitten romantically
96 Financial backer
98 Wine storage locale
100 "March comes in like — ..."
101 Make illegal
102 Purple hue
104 Irritates
105 Off-kilter
106 "So long!"
110 — of March
112 Lead-in to Magnon
114 Overhead rails
115 Sickly pale
116 Iron source

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124

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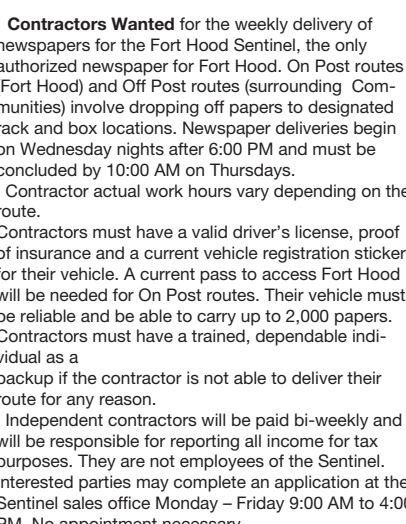
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- Review Project Purchase Orders for accuracy and material quantity sufficient for Project.
- Ensure inventory of materials received at project site conforms to approved submittals if required. Submit requests to Accounts Payable.
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- Advise Sales of Extra Work/Change Orders for pricing to submit to Owner/General Contractor and Director of Operations.
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Email Resume to Lfuller@jroof.com or
Call 254-662-5571 and ask for LeAnne



**Supervise and train field foremen,
helpers, and subcontractors
Manage project process from
initial scheduling through
to completion**

- Review all new project contracts for accuracy.
- Create project work orders for field crews and order necessary materials
- Schedule and coordinate any specific project equipment needed
- Ensure each roof repair or installation meets standards work, safety, efficiency, and according to manufacturer's specifications.
- Consistent and clear communication with customers throughout project process
- Ensure compliance with all company rules, policies, and procedures
- Resolve complaints and project issues in a timely manner
- Review completed project files and turn in for final billing
- Perform project close-out process
- Additional tasks as assigned

**Email Resume to Lfuller@jroof.com or
Call 254-662-5571 and ask for LeAnne**

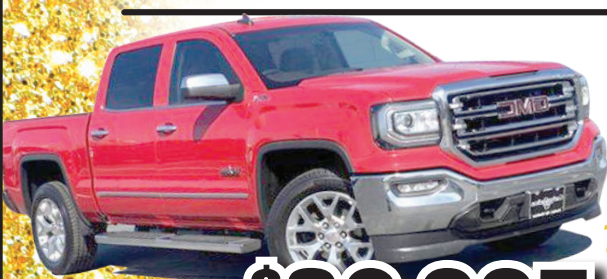
REAL ESTATE

\$440-\$490
Electric, gas & water paid

1702 N. 2nd - Killeen
254-526-4445

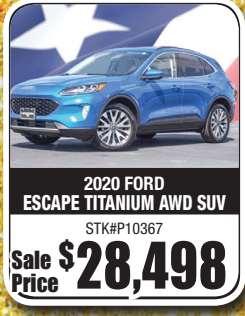
GARLYN SHELTON

AUTOMOTIVE GROUP

2018 GMC SIERRA
1500 CREW CAB SLT**\$30,995**

RING IN the SAVINGS

SALES EVENT

2020 FORD F-150
XL SUPERCREW 4WD**\$38,995**2014 KIA
OPTIMA LX SEDAN
STK#30632A
Sale Price **\$8,995**2001 BMW
750iL SEDAN
STK#41416B
Sale Price **\$8,995**2016 HYUNDAI
ELANTRA SE SEDAN
STK#30716A
Sale Price **\$12,995**2016 NISSAN
PATHFINDER PLATINUM SUV
STK#41405B
Sale Price **\$15,995**2018 JEEP
COMPASS LATITUDE FWD
STK#30481C
Sale Price **\$18,795**2018 TOYOTA
CAMRY SE AUTO SEDAN
STK#41439B
Sale Price **\$19,995**2019 HYUNDAI
SONATA SEL 2.4L SEDAN
STK#52381B
Sale Price **\$19,995**2020 CHEVROLET
MALIBU LX SEDAN
STK#P70037
Sale Price **\$20,695**2017 SUBARU
OUTBACK 2.5i LIMITED
STK#P50152
Sale Price **\$20,749**2020 NISSAN
ALTIMA 2.5 S SEDAN
STK#P60092
Sale Price **\$21,848**2022 KIA
FORTE LX IVT SEDAN
STK#52284B
Sale Price **\$21,981**2019 MAZDA
MAZDA3 4DR W/SELECT PKG
STK# 30697A
Sale Price **\$21,995**2019 MAZDA
CX-3 SPORT SUV FWD
STK#52462A
Sale Price **\$21,995**2019 HONDA
HR-V LX CVT 2WD SUV
STK#60608B
Sale Price **\$22,289**CERTIFIED 2019 VOLKSWAGEN
JETTA SEL PREMIUM AUTO
STK#41356B
Sale Price **\$22,695**2016 CADILLAC
SRX PREMIUM EDITION SUV
STK#30728A
Sale Price **\$22,995**2018 TOYOTA
RAV4 LIMITED AWD
STK#41114B
Sale Price **\$23,495**2021 CHEVROLET
EQUINOX FWD LS SUV
STK#52291B
Sale Price **\$23,998**2020 VOLKSWAGEN
PASSAT 2.0T SE AUTO 4DR
STK#11656C
Sale Price **\$24,995**2018 TOYOTA
RAV4 XLE FWD
STK#11604A
Sale Price **\$25,500**CERTIFIED 2021 MAZDA
MAZDA3 2.5 S SEDAN
STK#P30047
Sale Price **\$25,500**CERTIFIED 2021 VOLKSWAGEN
PASSAT 2.0T SE AUTO 4DR
STK#P60059
Sale Price **\$25,596**CERTIFIED 2019 NISSAN
MURANO S FWD
STK#52507A
Sale Price **\$25,995**2018 LEXUS
IS 300 RWD SEDAN
STK#41359B
Sale Price **\$26,888**2019 CHEVROLET
TRAVERSE 1LS FWD
STK#52283B
Sale Price **\$26,994**CERTIFIED 2019 NISSAN
MURANO SL FWD SUV
STK#52445A
Sale Price **\$26,995**2020 KIA
SPORTAGE EX FWD
STK#52125A
Sale Price **\$26,995**2020 CHEVROLET
BLAZER LT FWD
STK#11378A
Sale Price **\$26,997**2017 TOYOTA
4RUNNER SR5 2WD SUV
STK#60633B
Sale Price **\$26,998**2022 SUBARU
LEGACY PREMIUM CVT
STK#41471A
Sale Price **\$27,495**2019 GMC
TERRAIN FWD SLT
STK#11136B
Sale Price **\$27,548**2020 TOYOTA
RAV4 LE FWD SUV
STK#52364A
Sale Price **\$27,676**2017 TOYOTA
HIGHLANDER XLE V6 FWD
STK#11577A
Sale Price **\$27,695**2018 MAZDA6
GRAND TOURING RESERVE
STK#52222B
Sale Price **\$27,706**2018 DODGE
DURANGO CITADEL RWD SUV
STK#11344A
Sale Price **\$27,994**2020 MINI
COOPER S HARDTOP 4DR
STK# 30635A
Sale Price **\$27,995**2018 BUICK
ENCLAVE ESSENCE FWD SUV
STK#P10398
Sale Price **\$27,995**2016 AUDI A7
HB QUATTRO 3.0 PRESTIGE
STK#41525A
Sale Price **\$27,995**2020 FORD
ESCAPE TITANIUM AWD SUV
STK#P10367
Sale Price **\$28,498**2018 MAZDA
CX-9 GRAND TOURING AWD
STK#11509A
Sale Price **\$28,500**2020 HYUNDAI
SANTA FE SEL 2.4L AUTO FWD
STK#11545B
Sale Price **\$28,995**2019 GMC
ACADIA SLE-1 FWD SUV
STK#P50159
Sale Price **\$28,995**CERTIFIED 2021 NISSAN
MURANO S FWD
STK#52293A
Sale Price **\$29,068**2021 CHEVROLET
ACADIA SLE FWD
STK#P10375
Sale Price **\$29,998**2022 HONDA
CIVIC SPORT SEDAN CVT
STK#P60086
Sale Price **\$29,998**2018 JEEP WRANGLER
JK UNLIMITED SPORT S 4X4
STK#41451B
Sale Price **\$29,995**2018 CHEVROLET
CAMARO CONVERTIBLE 2LT
STK#11592A
Sale Price **\$30,495**2019 TOYOTA
RAV4 LIMITED FWD
STK#70037B
Sale Price **\$30,500**2018 TOYOTA TACOMA
SR5 DOUBLE CAB V6 4X2 AT
STK#30538E
Sale Price **\$31,495**2020 MAZDA
CX-5 GRAND TOURING RESERVE
STK#30735A
Sale Price **\$31,995**CERTIFIED 2022 MAZDA
MAZDA3 HATCHBACK
STK#30726A
Sale Price **\$31,995**CERTIFIED 2020 BUICK
ENVISION PREFERRED FWD
STK#11368A
Sale Price **\$31,995**2021 HONDA
ACCORD EX-L SEDAN CVT
STK#11383A
Sale Price **\$32,903**2019 CADILLAC
XT4 PREMIUM LUXURY FWD
STK#70068RA
Sale Price **\$32,695**2018 JEEP
GRAND CHEROKEE LIMITED
STK#41366B • 4X4
Sale Price **\$32,995**2019 AUDI Q5
PREMIUM PLUS 45 QUATTRO
STK#41150A
Sale Price **\$33,998**Garlyn Shelton BMW
6006 S. General Bruce Drive • TempleGarlyn Shelton Cadillac Buick GMC
5625 S. General Bruce Drive • TempleGarlyn Shelton Mazda
5420 Midway Drive • TempleGarlyn Shelton Nissan
5620 S. General Bruce Drive • TempleGarlyn Shelton Volvo
5700 SW HK Dodgen Loop • TempleGarlyn Shelton Volkswagen
5700 SW HK Dodgen Loop • Temple

GARLYN SHELTON

AUTOMOTIVE GROUP



254-771-0128

garlynshelton.com



ALL PRICES PLUS TT&L. TT&L DUE AT SIGNING. VEHICLES SUBJECT TO PRIOR SALE. SEE DEALER FOR DETAILS.